



FACT SHEET

Background Second Sunday is an event that encourages all forms of physical activity in the comforts of local environments. It originated in Bogota, Columbia where officials close more than 70 miles of roads to vehicles, opening them to local residents for exercise every Sunday. Several communities in the United States have had similar events, but Kentucky is the first state to have a statewide initiative. This year's event will be October 11, 2009. Governor Steve Beshear issued a 2009 state proclamation and resolutions of endorsement were sponsored by Sen. Katie Stine, R-Southgate, Rep. Tanya Pullin, D-South Shore and Rep. Susan Westrom, D-Lexington.

Purpose of 2nd Sunday KY

2nd Sunday KY is a community event that emphasizes an **awareness of the need** for local infrastructure that promotes a **healthy lifestyle** in an otherwise poor health, sedentary population.



BE THERE. BE HEALTHY.

October 11,
2009



The image that inspired it all. Bogota, Columbia.



One of the many Kentucky Second Sunday events.

Involves citizens of all ages:

- Family fun activities
- Bike races
- Senior fitness activities
- Group exercise
- Farmers markets
- Stroller obstacle course
- Bike races
- Skate boarding
- Relay races
- Line dancing
- Walking trails
- Bike polo
- Community health exhibits
- Mini-marathons
- Cycling classes

did you know?
70 Counties
and 12,000 Kentuckians
participated
in 2008!

The Second
Sunday of
October

October

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

www.2ndsundayky.com

MORE INFORMATION....

The statewide initiative began last year when UK Cooperative Extension Service Family and Consumer Sciences agents petitioned their local government officials to close a section of a county road for physical activity during the second Sunday of October. Local officials responded, and more than 12,000 Kentuckians in 70 counties participated last year. Participation is expected to grow this year with even more counties planning activities.

While Family and Consumer Science agents and state and local government officials are leading the initiative, public health departments, YMCA, medical communities, civic groups, parks and recreation groups, school officials and chambers of commerce are also partner agencies in many communities.

Not only does 2nd Sunday KY promote physical activity, but an important emphasis is placed on building strong family and community bonds. Second Sunday provides opportunities for families to spend quality time together while being physically active and developing a sense of community among participants.

2nd Sunday KY presents a compelling message of change from being a state of spectators to one of participants. It can serve as a first step to improving the physical, environmental and economic health of all Kentuckians by providing a convenient, safe place for exercise motivating many Kentuckians to make positive lifestyle changes.

Save the date: Sunday October 11, 2009

- In 2008, 70 counties participated and over 12,000 Kentuckians attended
- 2nd Sunday KY events: largest 2500 and average size 200 participants
- Kentuckians have one of the poorest health status in the nation with high rates of:
- Obesity, Diabetes, Heart Disease, and Cancer
- Building Strong Families for Kentucky (*refer to your county's statistics)

Second Sunday KY:

- Is a platform for health and physical activity education
- Is a catalyst for community involvement
- Utilizes existing resources: roadways, trails, parks, etc.
- Improves physical, economic, and environmental health of citizens
- Gains local, regional & national attention

COMMUNITY LEADERS COME TOGETHER FOR A STATEWIDE PURPOSE

A healthy Kentucky is critical to a prosperous Kentucky. Community leaders can take pride in working together to keep good health initiatives moving forward for the benefit of their communities. Leaders can involve citizens in putting together a day that will benefit everyone by utilizing existing resources to improve Kentucky's future health.

By promoting 2nd Sunday KY, leaders are starting a pattern for their citizens to get out and get active on a regular basis. They can also develop a plan which will utilize existing facilities, roads, parks, and trails in their area on a more regular basis for the benefit of all.

UK Extension Family and Consumer Sciences/College of Agriculture planned and presented at the Built Environment Conference in June 2008 to statewide county teams. At its conclusion, the 2nd Sunday KY initiative was presented to challenge county coalitions to organize, plan, and close a roadway on the second Sunday of October. 2nd Sunday KY brought an awareness of the need for local infrastructure that promotes a healthy lifestyle in an otherwise poor health, sedentary population. Other communities have attempted this but KY would be the first state!

UK Extension Agents were challenged to work with local government officials and community partners to plan a 21st Century Parade where the bystanders become the participants. 2nd Sunday KY was defined as a platform to showcase community programs that are positively affecting health, economy, and environment. By using roadways that were already in place, local communities can build a compelling reason for investment in KY's health and infrastructure.

As a result, 2nd Sunday KY received meaningful local, state, and national attention. In just a few short months, KY communities stepped up and achieved the unimaginable- 70 counties closed a roadway or otherwise provided group physical activities on the second Sunday of October for four hours. Over 12,000 Kentuckians participated!

Who can participate?

Everyone in the community!



Contact your local FCS agent for the
Location of 2SKY in your county.

www.ca.uky.edu/county
www.2ndsundayky.com